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What can I do to help with Symptoms of UTI?

Self-measures:

- As soon after feeling the first twinges, start drinking a lot of water or another liquid, such as milk or weak tea. Ensuring to avoid strong coffee, tea or alcohol. For the first 3 hours of the twinges, drink at least half a pint every 20 minutes to flush out the infection before it gets a grip.
- Take one tablespoonful of bicarbonate of soda dissolved in water, as soon as symptoms appear, and repeat every 3-4 hours. Reduces the acidity of the urine and helps to relieve any stinging.

Advice on the Prevention of UTIs

- Drinking plenty of water every day (at least six to eight glasses), to maintain a good urinary output which helps to 'flush out' the urinary system.
- Passing urine when feel the need to, and not letting the bladder get over full.
- Trying to deliberately empty the bladder fully.
- Avoiding nylon underwear and feminine hygiene sprays, which may cause irritation to the urethra.
- Avoiding the use of tampons.
- Keep yourself extra clean by using a separate flannel to wash yourself night and morning.
- Use plain water for washing; always wipe from 'front to back'.
- Avoid bubble baths, talcum powder, all personal (vaginal) deodorants and feminine wipes.
- A bath every day is not necessary and may be harmful; a shallow bath is better than a deep bath and a shower is still better.

If prone to getting UTIs after sexual intercourse:

- Cleanse genital area with water before intercourse.
- Pass urine as soon as possible afterwards.
- If a female using a diaphragm or spermicidal creams, may wish to choose a different form of contraception, as can increase the risk of UTIs.
- Use enough lubrication during sex, if prone to dryness.

There is some evidence that drinking cranberry juice (one glass per day) can help prevent UTIs coming back. However, is not advised if taking warfarin to thin the blood or have a personal or family history of kidney stones. If you find this drink too bitter, trying mixing it with another fruit juice or may prefer to take cranberry tablets, which are available over the counter at most chemists.